Oakland Heights.

Oakland Heights



Asheville,
North Carolina.

* Oakland ⁘ Heights *

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HEALTH

REST

RECUPERATION

COMFORT

OPEN
THE ENTIRE
YEAR

PLEASURE

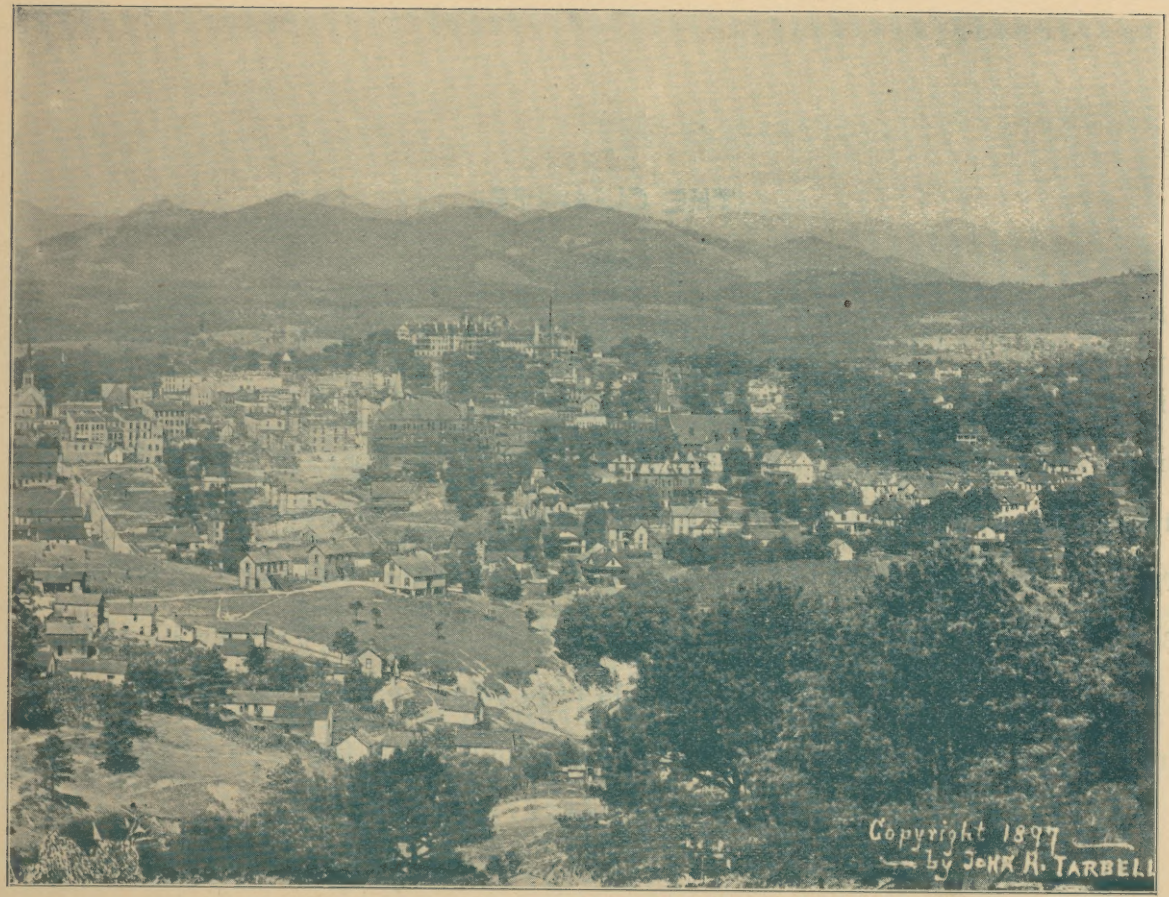
RECREATION

All pictures contained herein are from photos by John H. Tarbell, Asheville, N. C., except those of the buildings, which are from photos by Dr. Rosenblum, of the Oakland Heights.

* Oakland ⁘ Heights *

"The Beautiful Land of the Sky."

ASHEVILLE is picturesquely situated in Western North Carolina, upon the elevated tablelands of the Alleghanies, whose lofty chains, the Blue Ridge and Great Smoky Mountains, rear their hoary heads to an altitude not reached elsewhere east of the Rockies, and whose sunny cloud-capped peaks have won for this section, the charming sobriquet "The Beautiful Land of the Sky.".



PANORAMIC VIEW OF ASHEVILLE, N. C.

THE CLIMATE.

TOO much cannot be said in praise of this delightful climate. Amidst oaks and pines, on mountains, hills, and in the valleys, the air is unusually dry, bracing and invigorating. The conditions, indeed, are always favorable for an out-of-door life, and there exists comparative immunity from the extremes of heat and cold. These conditions make it the ideal health and pleasure resort of the North and South at all seasons of the year. The summers are delightfully cool, and the long open winters (fogs are rare, and there is little snow, and that rapidly disappears) invite a prolonged sojourn in "The Beautiful Land of the Sky."

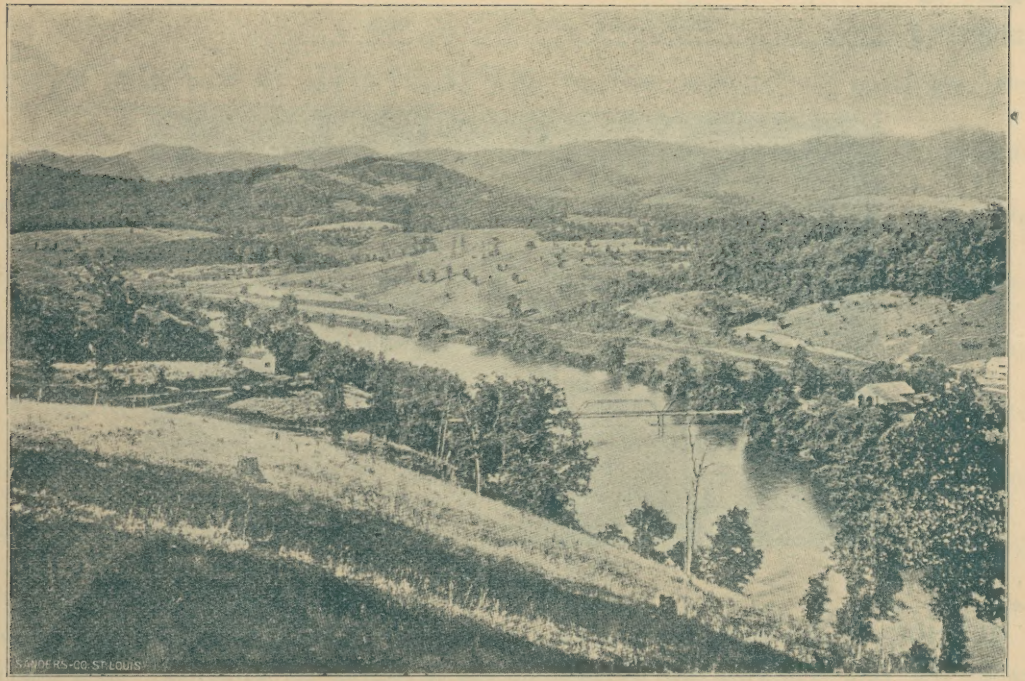
THE ELEVATION.

THE elevation is a medium one, 2,500 feet above the level of the sea, and the climate as explained elsewhere, is essentially a mountain climate enjoying that golden mean of altitude which cannot be found, supplied with equipped resorts in any other part of the United States. Its atmosphere is dry, the average relative humidity being but 65 per cent., while the number of clear and fair days in five years has averaged twenty-five to the month. Let the prospective traveler or health seeker make comparisons between this and other altitudinal conditions.

THE SCENERY.

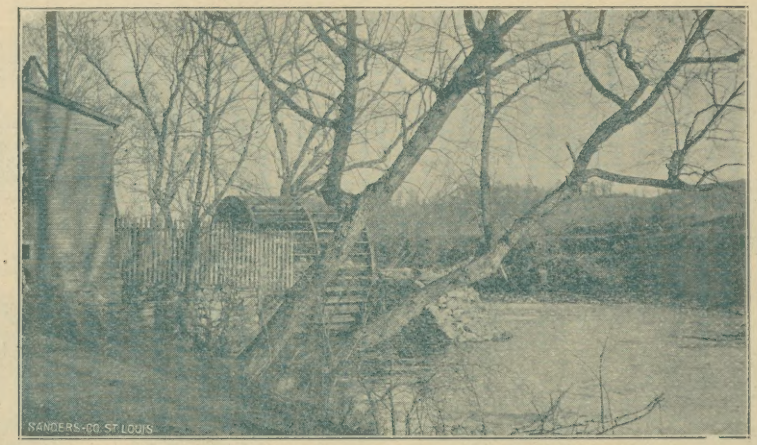
FOR infinite variety of beautiful scenery, this intra-montane country affords an endless source of delight. Here, "The Great Apalachian Chain, reaching North Carolina, stands sponsor to a section which should be, and I predict will be, the great sanatorium of our eastern country. As if conscious of its future importance, it has seen fit to guard the plateau with its loftiest and grandest peaks. Neither can age wither, nor custom stale, the inspiring and cheering grandeur of the unmatched oak and pine forests, the mountains, the rivers, a point too little thought of in casting about for a suitable climate." —*S. W. B.*





RIVER AND MOUNTAIN VIEW, ASHEVILLE, N. C.

The Beauty and Attractiveness of Asheville.



THE OLD MILL

A GLANCE at the panoramic picture of Asheville will almost suffice to convince anyone of the rare qualities that attract so many people to Asheville. Here one finds, in the very heart of nature, everything that goes to make city life charming, and rustic existence a perpetual pleasure.

OAKLAND HEIGHTS is the summit of a large wooded eminence upon which the spacious resort building stands. It commands views of rare beauty and surpassing loveliness, extending for miles in either direction among the surrounding mountain ranges and green and flowery valleys. * * * It is on the very edge of the quaint and charming city of Asheville, and is within reach of the electric street railways. It overlooks the beautiful French Broad and Swannanoa rivers, making its situation unusually attractive and picturesque to all, and especially inviting and tempting to the lovers of aquatic sports. ∴ ∴ ∵ ∴ ∴ ∴ ∴ ∴ ∴ ∴

THE MAIN BUILDING

Is a substantial, ornamental structure of three stories and basement, and contains a possibility of eighty guest rooms. The first floor is devoted to the general and private offices, dining rooms, parlors, reading and writing rooms, conservatory and ball room. The second and third floors are devoted exclusively to guests' chambers, single and *en suites*, some of the suites having a private parlor and bath attached. Large closet in every room. The basement is devoted to the bath establishment, including Turkish baths, Baruch baths, lounging rooms, gymnasium and billiard room. All the modern appointments of a first-class hotel are here provided, neither time nor money having been spared to make the interior of OAKLAND HEIGHTS in every way attractive and inviting, while at the same time taking every precaution to insure the health and comfort of the guests under its hospitable roof. Convenient to the offices, parlors, bath establishment and treatment rooms, a safety hydraulic elevator is located. The entire building is lighted with electricity exclusively, and with steam heating throughout, thereby obtaining an even temperature day and night. The parlors, reading and writing rooms, offices, and a limited number of private rooms have open grates. Long and short distant telephone and electric call bells have been supplied. Telegraph and express connections.



OAKLAND HEIGHTS.

THE ANNEX

Extends from the Main Building to the North and consists of three stories and basement. Here, the OAKLAND HEIGHTS management has spared neither time nor money to develop the high features of the best established sanatorium in this country, and has fitted out departments of hydrotherapy, massage, electrical and cabinet treatments with every approved modern appliance for the benefit of health seeking guests and all such cases as are entrusted to the institution by any physician and from anywhere.



THE ANNEX.

THE WATER

Furnished from the Oakland Heights Springs on the grounds, with a capacity of 35,000 gallons daily, is as clear and as pure as crystal, a feature seldom considered by tourists. Analysis shows it to be almost identical with the famous Poland waters, renowned the world over for their salubrious properties.

The sewerage of the institution is unequalled.





ITS AIM AND AMBITION.



This resort offers a place of rest, recuperation and pleasure to all, and an opportunity for recovery to the chronic invalids, such as those afflicted with respiratory troubles, digestive difficulties of any kind, women diseases, malarial fevers, (there are no lakes or swamps, and malaria is unknown in this region) kidney affections, rheumatic diseases, heart affections, subjects of nervous prostration and neurasthenia, the long continued influence of heat and cold, etc., etc. It is desired also to afford an opportunity to alleged consumptives, whose condition offers a reasonable hope of amelioration or cure, to be treated on the basis of well-established therapeutic principles in a favorable climatic environment.



THE BATHS AND TREATMENT DEPARTMENTS.

FOR LADIES AND GENTLEMEN.

DIRECT OUTSIDE AND INSIDE ENTRANCES.

The Baruch System of Scientific Water Application.

Hot Air Box Baths, Douches (circular or otherwise) under graded temperature and pressure.

Special Packs (according to condition.)

Special Showers, etc., etc.

Rates 75 cents to $2.00. Average Price of Treatment, $1.00.

GENERAL BATHS AND TREATMENTS.

Tub Bath (with attendant)	$ .50	Shower and Needle Bath	$ .50
Turkish Bath	1.00	Medicated Bath	$1.00 to 2.00
Russian Bath	1.00	Fomentation (any kind)	.75
Hot Springs Bath	1.00	Rubs—Salt, Alcohol or Cologne	50c. to .75
Thermo-Electric Bath	1.00	Massage (alone)	1.00
Electric Baths (Galvanic and Farradic)	1.50	Stomach and Colon Lavage	1.00
Sea Salt Brine Bath	.75	Vaginal Douche	.50
Sitz Bath	.50	Electrical Treatment (Farradic or Galvanic Currents)	1.00
Betz Hot Air Bath	1.00	Packs	.75

....Special Treatments in the Annex....

Pulmonary Gymastics in Cabinet, and Depurative Medicated Cabinet Treatment,	$6.00 per Week.
Betz Hot Air Rheumatism Treatment,	$1.00 to $2.00.
Electric Ray Baths (White or Colored)	1.00 to 2.00
Galvanism,	1.00
Farradism,	1.00

Twelve Tickets (two weeks daily or 24 days alternate day treatments) entitling bearer to any kind of bath or treatment in the Baruch and General Bath Departments, costing $1.00 and over, $10.00.

Twelve Tickets for Baths or Treatments in same, costing less than $1.00, - - $6.00.

Lounging Room and Buffet in connection with General Bath and Gymnasium Departments.

Recreation Room and Gymnasium; in large hall between the Baruch and General Bath Systems, affording opportunities for pleasurable exercise nowhere equalled, for the maintenance of vigor and tone in the healthy, and for their restoration when lost.

Free to patrons only. None other allowed.

The administration of all the above is under the direction of experts.

NOTE:—PRESCRIPTIONS FOR ANY TREATMENT FROM ANY RECOGNIZED PHYSICIAN WILL BE HONORED.

Guests and Citizens of Asheville generally are cordially invited.

Their admittance to the baths may be direct from the outside without entering the Main Building.

Tickets for sale at the principal drug stores and hotel offices in Asheville.

THE MANAGEMENT.

This institution is managed on the basis of a superior resort hotel, working for health and pleasure. To the end that the guests may derive the greatest good obtainable in its environment, a medical staff is attached, and regular professional hours have been established. It will be the constant aim of the management to provide everything necessary for the pleasure, comfort, rest and recuperation of the guests, who may make their home at the Oakland Heights resort.

ITS ACCESSIBILITY.

ASHEVILLE is within 12 to 26 hours easy travel of the larger cities of the United States, being comfortably reached from



New York, in 22 hours (through sleeping car);
Washington, in 15 hours (through sleeping car);
Cincinnati, in 18 hours (through sleeping car);
Nashville, in 15 hours (through sleeping car);
Chattanooga, in 9 hours (through sleeping car);
Philadelphia, in 20 hours (one change Washington);
Saint Louis, in 26 hours (one change at Cincinnati, or Biloxi, Miss.);
Jacksonville, in 18 hours (through sleeping car);
Knoxville, in 4 hours (through sleeping car);
Boston, in 28 hours (one change at New York);
Chicago, in 26 hours (one change at Cincinnati);
Louisville, in 18 hours (one change at Knoxville);
Memphis, in 18½ hours (one change at Chattanooga);
Atlanta, in 14 hours (one change at Spartanburg).

Card of rates supplied on demand.

Also, leaflet of the personnel of the house.





PRESS OF
MILLER & SPALDING STATIONERY CO.,
ST. LOUIS, MO.

Address all communications to
THE SUPERINTENDENT,
OAKLAND HEIGHTS,
Asheville, North Carolina.